



2012 Spring INDOOR SWIM CLINIC
March 1, 2012 - April 14, 2012
Ages 8 - 16 years old

- Group 1:** Mon & Wed 5:00 pm - 6:00 pm (Limited to 10 swimmers)
Group 2: Tue & Thu 6:00 pm - 7:00 pm (Limited to 10 swimmers)
Group 3: Tue & Thu 7:00 pm - 8:00 pm (Limited to 10 swimmers)

Includes:

- 1 private 25 minute coaching session.
 - Swimstitude Swim Cap
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- Meets most summer league requirements for "stroke clinic".
 - Smaller practice groups for more personalized attention.
 - Emphasis will be on starts, stroke and turn detail. Practices will include both aerobic and anaerobic swimming.
 - 85 degree water, indoors, away from the cold wind and pounding rain.
 - Participants need to be able to swim 25 meters of each competitive stroke. A swim test will be given at registration.

Registration must be done in person, no refunds or make-ups.

The Swimstitude
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